

# October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 "FAUX" CHICKEN NUGGETS,SWEET POTATO FRIES,CUCUMBER,FRUIT, CRACKERS	2 TACO TUESDAY, FAUX MEAT, CHEESE, AVOCADO, SOUR CREAM, LETTUCE, TOMATO, FRUIT	3 POTATO GNOCCHI, TOMATO SAUCE, FRUIT, VEGGIE, WHEAT CRACKERS	4 PIZZA, WHEAT CRUST, TOMATO SAUCE, MOZZ, FRUIT, VEGGIE STICKS,RANCH, WHOLE WHEAT CRACKERS	5 VEGGIE POTSTICKERS,CARROT STICKS,RED GRAPES, WHOLE WHEAT CRACKERS
8 COLUMBUS DAY; SCHOOL CLOSED	9 TWO CHEESE QUESADILLA, BLACK BEANS, CARROTS, FRUIT, DRIED FRUIT GRANOLA	10 CHEESE RAVIOLI, ZUCHINNI STICKS, RANCH, APPLE SAUCE, OATMEAL COOKIE	11 PIZZA, WHEAT CRUST, TOMATO SAUCE, MOZZ, FRUIT, VEGGIE STICKS,RANCH, WHOLE WHEAT CRACKERS	12 FAUX CHIX' FRIED RICE,PEAS,APPLE SAUCE, WHOLE WHEAT CRACKERS
15 SUNFLOWER BUTTER AND JELLY SANDWICH,CUCUMBER, BANANA, APPLE SAUCE	16 TACO TUESDAY, FAUX MEAT, CHEESE, AVOCADO, SOUR CREAM, LETTUCE, TOMATO, FRUIT	17 PENNE PASTA, TOMATO SAUCE, BROCCOLI, FRUIT, OATMEAL COOKIE	18 PIZZA, WHEAT CRUST, TOMATO SAUCE, MOZZ, FRUIT, VEGGIE STICKS,RANCH, WHOLE WHEAT CRACKERS	19 SESAME NOODLES & 'FAUX CHIX', CUCUMBER, RANCH,GRAPES, GRANOLA
22 "FAUX CHIX" NUGGETS,MAC-N- CHEESE, PEAS, FRUIT	23 TWO CHEESE QUESADILLA, BLACK BEANS, CARROTS,ORANGES, WHOLE WHEAT CRACKERS	24 CHEESE RAVIOLI, ZUCHINNI STICKS, RANCH, APPLE SAUCE, OATMEAL COOKIE	25 PIZZA, WHEAT CRUST, TOMATO SAUCE, MOZZ, FRUIT, VEGGIE STICKS,RANCH, WHOLE WHEAT CRACKERS	26 SESAME "FAUX MEAT" AND RICE, CORN,APPLE SAUCE, WHEAT CRACKER
29 SUNFLOWER BUTTER AND JELLY SANDWICH,CUCUMBER, BANANA, APPLE SAUCE	30 TACO TUESDAY, FAUX MEAT, CHEESE, AVOCADO, SOUR CREAM, LETTUCE, TOMATO, FRUIT	31 BOILED EGGS, MAC-N-CHEESE, BROCCOLI, FRUIT	PIZZA, WHEAT CRUST, TOMATO SAUCE, MOZZ, FRUIT, VEGGIE STICKS,RANCH, WHOLE WHEAT CRACKERS	VEGGIE POTSTICKERS,CARROT STICKS, RED GRAPES, WHOLE WHEAT CRACKERS
<b>Notes:</b>				
8 Columbus Day Holiday; 12 Picture Day; 17 Hispanic Heritage Night; 19 Staff Development-Elementary/middle only closed; 31 Book Character Dress-up Day				